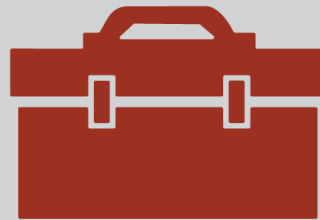


# HERO

TOOLBOX



## HELPING STUDENTS PRAY

A HERO EXCLUSIVE RESOURCE BY: **LeaderTrek**s<sup>®</sup>  
YOUTH MINISTRY

Prayer doesn't always come easily. Sometimes we need help to know when to pray, how to pray, and what to pray about. Use these ideas to more consistently connect with God in prayer.

### PRAYER SQUARES:

A prayer square like the one below challenges you to name individuals you want to be praying for and list out specific prayer requests. Commit to praying for these individuals over the course one week or one month, and then return to your list to see how God has answered those prayers.

Name:	Name:
Prayer Requests:	Prayer Requests:
Name:	Name:
Prayer Requests:	Prayer Requests:

### ACTS PRAYER METHOD:

The ACTS Prayer Method is a tool to guide you toward a complete process of prayer and away from the common wish list of things you want from God. Pray through the following:

*Adoration:* Praise God for who He is.

*Confession:* Confess your sins before God.

*Thanksgiving:* Offer thanks for God's gifts.

*Supplication:* Present your requests to God.

#### Adoration

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#### Confession

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#### Thanksgiving

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#### Supplication

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### ARROW PRAYERS:

One long prayer before dinner is a good start to growing your prayer life, but it's kind of like cramming for a test—it doesn't stick. Instead, try saying arrow prayers: super-short prayers you can "send up" to God whenever you need to remember he's there.

In Nehemiah 6:9, Nehemiah deals with a rough situation by sending up an arrow prayer. His enemies are trying to convince him that he's too weak to do God's work, so he prays to God, "Now strengthen my hands." This is a great arrow prayer: short, simple, and connected to an immediate need.

List three daily situations that might make good opportunities for arrow prayers. Think about struggles, interactions, or things you're thankful for.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Now write out three, one-sentence arrow prayers for each situation you listed above. Try saying them each day this week, and see if you remember God's presence more than you did before.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_